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'THIS IS ABOUT HUMANITY'

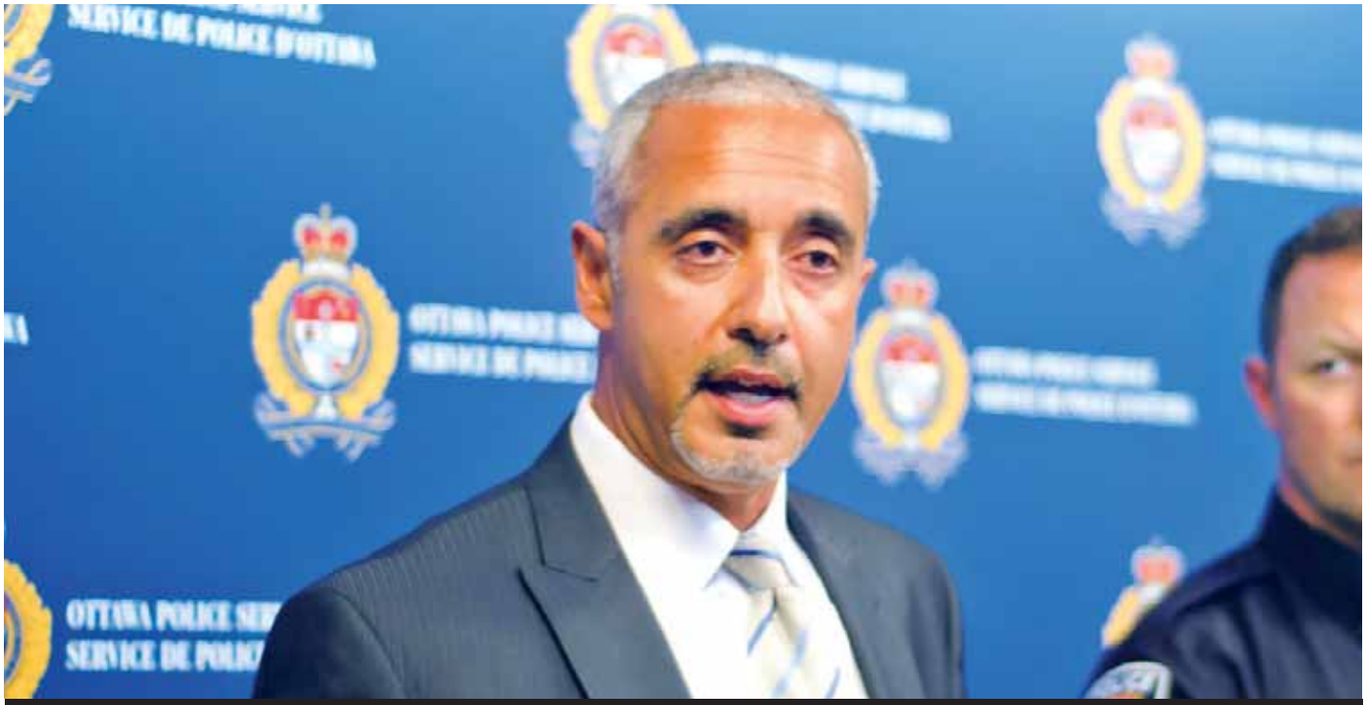
THE GOOD LIE TELLS TRUE STORY OF FORMER CHILD SOLDIERS WHO ESCAPED, SETTLED IN THE U.S. PAGE 10

Magnotta murder trial begins

32-year-old has pleaded not guilty; Crown could call up to 60 witnesses PAGE 6

Fury needs 'a miracle' after 3-2 loss: Coach

Playoff hopes shrink with six games left PAGES 2-3



Ottawa Police Staff Sgt. Kal Ghadban, seen speaking at a press conference in this file photo, has died following an incident at Ottawa police headquarters on Sunday.
TREVOR GREENWAY/METRO FILE

'Well-loved' cop dies after 'incident' at HQ

Staff Sgt. Kal Ghadban. Police not confirming media reports of suicide

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A high-profile police officer has died following "an incident" at Ottawa police headquarters Sunday.

Staff Sgt. Kal Ghadban was found dead at Ottawa's main police department at 474 Elgin St. Sunday afternoon, and while police aren't divulging the cause, several media outlets in the city are reporting that he shot himself.

"I am saddened to report that a well-respected and well-loved member of our Service died this afternoon after an incident at 474 Elgin," wrote Ottawa Police Chief Charles Bordeleau in a statement. "The news of his death pains us all."

Ghadban was head of the break-and-enter, street-crime and human-trafficking units for Ottawa police and led high-profile cases including the recent accidental break-in at Justin Trudeau's house and a rash of break-ins targeting the Asian community last year.

Ghadban is described as a community leader — both on the ground and over social media.

He posted a photo on Twitter recently about suicide and depression with the words "How are you? I'm fine" in bold over top of faint words "broken, sad, lonely."

"Those who have worked with him know him as an excellent example of a hard-working, dedicated officer who loved his job," Bordeleau said.

Ontario's Special Investigations Unit is investigating.

Ghadban was charged with unlawful or unnecessary exercise of authority under the Police Services Act for an altercation with an aspiring hockey player in 2005. He was never charged criminally and was acquitted of the internal charges a year later. Police reached an out-of-court settlement with the man last year.

News of Ghadban's death arrived on the same day that hundreds of police officers marched on Parliament Hill for the Canadian Police and Peace Officers Memorial, which honours fallen officers killed in the line of duty.

Jays close out season of peaks and valleys

1-0 loss to Baltimore caps what manager John Gibbons calls an 'entertaining' year PAGE 17

Map your money moves

Financial planning has to start with a destination, says Metro's money maven, Gail Vaz-Oxlade PAGE 12

Co-worker's odour got you in the pits?

Diplomatic approach to telling someone it's time to double up on the deodorant PAGE 15

Fine piece of fish'll bake your day

Start fall off with healthy eating habits — this oven-baked trout is sure to float your boat PAGE 16

FIVE THINGS YOU NEED TO KNOW TODAY

1 STITCHING CITY'S SAFETY NET

Anti-poverty activists will bring their concerns to candidates in the upcoming municipal election with a media conference and unveiling of a giant quilt at city hall at noon Monday.

2 A GREAT FIND

The gals at Workshop Studio & Boutique are holding Day 2 of their seventh annual Fall Trunk Sale tonight at 242-1/2 Dalhousie St. Deals get underway at 6 p.m.

3 PAPS VS. BIEBS

Justin Bieber (or his lawyer) will be in court today on the charge of dangerous driving relating to an Aug. 29 collision between a minivan and an ATV and the alleged assault of a paparazzo.

4 ABORIGINAL WOMEN

Alex Neve, head of Amnesty International Canada, will join First Nations groups in Ottawa today to discuss violence against aboriginal women and girls.

5 BACK TO TARA

Rhett Butler may not give a damn, but fans of Gone with the Wind were more than happy to see the classic return to movie theatres this weekend for its 75th anniversary.

Ottawa Fury goalkeeper Romuald Peiser watches the action in front of his net closely during Sunday's NASL match against Minnesota United FC at TD Place in Ottawa. MIKE CARROCCETTO/FOR METRO

FURY BEATEN BY

Soccer. Ottawa club played toe-to-toe with Minnesota United, the NASL's top team, for 88 minutes

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The Ottawa Fury came into Sunday's home game versus Minnesota United, the NASL's top team, 11 points out of a playoff spot, but couldn't narrow the gap.

The Fury were on the verge of earning a draw — one much needed point in the standings — when in the 88th minute, United FC striker Christian Ramirez redirected a Miguel Ibarra pass into the back of the net behind goalkeeper Romuald Peiser.

With six games left in the Fury season, and 3 points available for each win, Ottawa needs "a miracle," according to head coach Marc Dos Santos. Which probably means at least five wins in row to possibly give them a playoff shot going into the final game Nov. 1.

"We deserved better," Santos said moments after the game. "When (the score) was 2-2, I felt we were the best team. But I felt we didn't defend well on the (three Minnesota) goals. Minnesota punished us ... Minnesota is a team that has quality pieces ... Ibarra and Ramirez have been linking (for goals) all season long."

Ottawa took a 1-0 lead in the 16th minute on a penalty kick goal by Tom Heinemann which eluded Minnesota FC goalkeeper Matt Van Oekel.

Minnesota struck back quickly. Very quickly. United FC midfielders Ibarra (20') and Daniel Mendes (23') scored on successive possessions to give the visitors a 2-1 lead. That lead held into half-time.

Out of the break, the Fury came on the attack, and had several strong scoring chances.

One of those scoring chances earned Richie Ryan a penalty kick and the captain buried a 23-yard shot, which blew over the Minnesota wall and carried into the top right hand corner.

Ryan's goal tied the game at

St. Patrick Street

Cops investigate weekend stabbing

Police are investigating a Saturday night stabbing on St. Patrick Street that sent one man, 33, to hospital with non-life-threatening injuries. Police were called to the area in response to a stabbing. One male, 17, was arrested at the scene. METRO

#ottburgerpoll

Metro and Burgers n' Fries Forever

Metro and Burgers n' Fries Forever's poll continues, featuring burgers based on mayoral candidates. The standings Saturday: Jim Watson 39, Anwar Syed 39, Mike Maguire 9, Darren Wood 12, Bernard Couchman 9, Robert White 6. METRO

Ecology Ottawa

Candidates on climate change

Ecology Ottawa says 91 per cent of municipal candidates that they polled agree there is a role for the city in tackling climate change. The group will lobby for the full implementation of the city's new climate change management plan. METRO

LATE GOAL

2-2, giving the expansion Fury the equalizer they needed, and possibly earn at least one point.

"I said to the lads all season, I'm usually good for (one) goal a season," said Ryan. "It was nice goal, but the good feeling lasted only (30) minutes."

The Fury hit the pitch again this Wednesday (Oct. 1), when they host the Atlanta Silverbacks at TD Place. Kick-off is 7pm.

Fury footnotes

Before Sunday's game, Ottawa had won two in a row and were 3W-1L-2D in their past six games.

- Goalkeeper Romuald Peiser, a native of France, is a father for second time after wife Debrah gave birth to Thierry Liam at the General Campus (Ottawa Hospital) Tuesday, Sept. 23.
- Coming into the Minnesota match, Fury leading scorer Oliver (6 goals-2 assists) had notched three goals in the team's last three games (one in each game, including a game-winner)

Breen, 10, strums a tune on Elgin Street on Sunday to raise money for the CIBC Run for the Cure. TREVOR GREENWAY/METRO

Ten-year-old busker raises coins for cancer

For many families, Sunday mornings are reserved for sugary cereals and cartoons, but for Tanya O'Connor and her 10-year-old son, Breen, the last day of the weekend is time to spend on the street, strumming for a good cause.

Breen has raised more than $240 for cancer research in just three Sundays busking on Elgin Street. He's raising money for the CIBC Run for the Cure so people will have a better chance at fighting the fatal disease.

His grandmother died of breast cancer in 2007.

While he doesn't remember too much about his grandma, his mother said the two were "buddies."

"I remember she was nice," said Breen over the clink of coins landing in his silver bucket. "She was friends with animals. That's mostly all I know about her."

The Run for the Cure fundraiser isn't the only cause Breen has strummed his heart out for. He's busked to raise money for the YMCA's Strong Kids program and even to raise money to go see a movie.

He plans to do more fundraising for cancer research in the future.

"It feels nice that I can help people who have a disease, and I hope they can live a longer life," he said.

It's not everyday that you meet a 10-year-old kid who truly thinks about others ahead of himself.

During our interview, Breen saw an old man with a walker having trouble with a door nearby.

Instead of continuing to answer questions, he stopped, gave his mom his guitar and ran to the man's aid, holding the door open so he could get inside with his walker.

"I'm extremely proud, it's blowing my mind," said Tanya, grinning. "I am amazed with how willing he is to come and do this. He likes to play guitar and this is his opportunity to share."

And the public seem willing to give him more than just the time of day. It seemed every third person who strolled passed him tossed metal into his shiny bucket.

"You're not going to make this a living are you?" asked one woman.

"Probably not," answered Breen, chuckling.

Breen and his mom are planning to run in CIBC's Run for the Cure Oct. 5.

TREVOR GREENWAY/METRO

Quoted

"It feels nice that I can help people who have a disease, and I hope they can live a longer life."

Busker Breen, 10

Ottawa needs to stay the course on LRT track: Watson

Mayor disputes Maguire proposal. Current phase of LRT construction has completed 60% of the excavation work downtown

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Now is not the time to "push the reset button" on light rail, incumbent Mayor Jim Watson told reporters Sunday.

In a campaign announcement slamming challenger Mike Maguire's promises of an alternate light rail plan, Watson said he wanted to put on the record his "dedication" to realizing his plan for a second-phase extension of the existing light rail project.

Raising the spectre of former mayor Larry O'Brien's decision to cancel the O-Train extension, Watson said the city couldn't afford to wait even longer for environmental assessments on a new plan.

"I'm troubled by the suggestions that we can simply go back to the drawing board. Maybe by trying new routes and new technology," said Watson. "Cancelling the O-Train cost Ottawa $36 million in penalties and it cost us credibility."

If it receives the necessary funding from other levels of government, Watson's second phase would start construction in 2018, Watson said. The second phase would push the LRT line as far east as Place d'Orleans and as Far West as the Bayshore shopping mall with a Bus Rapid Transit lane connecting a station at March Road to Bayshore. It would also connect Baseline Station to the LRT network and push the O-Train line further south.

While Watson disputes the claim, Maguire said in an email his plan using existing rail lines could put commuter rail into the suburbs next year at a price of $400 million.

"Versus, spending $2.5 billion and not getting a single passenger on his Phase II trains or a single car off the Queensway for nine more years. I'm comfortable leaving that decision up to the voters," Maguire wrote.

Maguire is set to announce details of his plan at a press conference Monday.

Mayor Jim Watson speaks to reporters at his campaign headquarters Sunday. SEAN MCKIBBON/METRO

Epic win in the fight against cancer

About 200 participants struck a blow for cancer survivors Saturday, participating in the 28-km Epic Walk, sponsored by Subway and benefiting the Ottawa Regional Cancer Foundation, the Queensway Carleton Hospital Foundation and Bruyère Foundation. The trek from Acora Village near Bayshore to the Richard and Annette Bloch Cancer Survivors Park on Alta Vista Drive raised more than $324,000.

COURTESY LINDSEY GIBEAU, VALBERG IMAGING

Spy business. Watchdog's past oil ties worries civil liberties group

Yves Fortier is shown in a 2005 file photo in Montreal. THE CANADIAN PRESS

A civil liberties group is objecting to Canada's spy watchdog assigning Yves Fortier to investigate alleged spying on environmental activists, citing a conflict due to his former petroleum industry ties.

The British Columbia Civil Liberties Association's lawyer has written to the Security Intelligence Review Committee asking that Fortier "recuse himself from any participation" in the matter since he once sat on the board of TransCanada Pipelines — the company behind the Keystone XL project. Fortier, one of three review committee members, was recently appointed to lead an investigation into the association's complaint that the Canadian Security Intelligence Service gathered and shared information about activists opposed to Canada's energy policies.

The association filed the complaint with the review committee in February after media reports suggested that CSIS and other government agencies consider protests and opposition to the petroleum industry as possible threats to national security.

Appearance of bias?

"The BCCLA submits that this is a highly serious complaint and should be handled in a manner that is in every way beyond reproach, with justice not only done, but seen to be done."

Excerpt of a Sept. 25 letter from Paul Champ, a lawyer for the British Columbia Civil Liberties Association, to the Security Intelligence Review Committee.

The complaint also cited reports that CSIS had worked with and shared information with the National Energy Board about so-called "radicalized environmentalist" groups seeking to participate in the board's hearings on Enbridge's Northern Gateway pipeline project, which would see Alberta crude flow westward to Kitimat, B.C. The groups included Leadnow, ForestEthics Advocacy Association, the Council of Canadians, the Dogwood Initiative, EcoSociety, the Sierra Club of British Columbia and Idle No More, the indigenous rights movement.

"None of these groups are criminal organizations, nor do they have any history of advocating, encouraging, or participating in criminal activity," says the Feb. 6 complaint.

The CSIS Act is clear that "lawful advocacy, protest or dissent" cannot be regarded as threats to national security, the complaint adds.

THE CANADIAN PRESS

Cumberland coun. threatens challenger with legal action

'Trying to bully'. Dispute over remarks opponent made to press about 2010 donations

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Incumbent Coun. Stephen Blais is threatening legal action against his opponent Marc Belisle for comments he made to Metro and on his website regarding campaign donations Blais received in 2010.

Belisle alleges Blais broke the municipal act by accepting three $750 donations from Capital Sports & Entertainment Inc., Capital Sports Management Inc. and Capital Sports Properties Inc. during the last election in 2010.

The law says no candidate can accept more than $750 from an individual or corporation and while the three are separate companies, they are listed as Senators Sports and Entertainment entities on CanadianTireCentre.com.

Belisle sent out a press release last week alleging Blais "broke the law" by accepting the donations — a comment Blais argues is "slandering my good name."

"I have not been charged with breaching any act and therefore I did not break the law," Blais told Metro Sunday. "I can't claim that you broke the law if you haven't been charged and convicted of breaking the law and Mr. Belisle can't do that to me in the public domain."

Bay Ward Coun. Mark Taylor accepted the same three donations in 2010, but eventually paid the money back after his auditor noticed the companies were too closely related.

When pressed about whether he saw the three donations as problematic, Blais maintained he did nothing wrong.

"I submitted my reports in an open and transparent manner," he said. "No authority has ever informed me that any rules were broken. I have never been charged with a crime."

A lawyer's letter from Blais' legal team demands that Belisle write a formal letter of apology for the remarks and wants the press release and news articles removed from his website by Monday.

Belisle isn't ready to do that.

"He is obviously trying to bully me out of what I said, but it's the truth," said Belisle. "I am not going to apologize ... He is trying to get me to go back on my word so it looks good on him. No, I am not going to do that."

Blais and Belisle are the only two candidates in the running for Cumberland Ward. Ottawa heads to the polls Oct. 27.

Ottawa municipal candidate Marc Belisle shows the lawyer's letter he received from opponent Stephen Blais.
TREVOR GREENWAY/METRO

Bus crash victim sues city, driver's estate

Another lawsuit has been filed against the city and the estate of the deceased driver in a fatal OC Transpo-Via Rail train collision last year.

Clemy Srour's family is suing the city and David Woodard for more than $500,000 in damages after Srour was allegedly thrown from the upper deck of the route 76 double-decker bus in the tragic accident Sept. 18, 2013.

In the statement of claim, Srour, a 52-year-old senior industry officer with Industry Canada, alleges he landed two feet away from the train near broken glass and other bodies. Among his injuries, he suffered a broken right forearm, broken collarbone and a broken foot. He allegedly needed a blood transfusion of two pints of blood for lacerations to his face.

"Clemy's injuries have left him with permanent and serious physical and psychological impairments," reads the statement of claim.

Quoted

"Clemy's injuries have left him with permanent and serious physical and psychological impairments."

Statement of claim

Srour is suing for $350,000 in damages.

His partner, Miriam Leyton and their two daughters, aged 24 and 17, are suing for $160,000 in damages. Leyton worked with Weight Watchers Canada at the time of the accident, but she had to stop and care for her injured partner, according to the court documents. All three claim they sought psychological help following the accident.

The statement of claim alleges that Woodard was negligent in failing to stop.

These allegations have yet to be proven in court.

It's the fifth lawsuit filed against the city and Woodard concerning the bus-train collision at the Fallowfield railway crossing that killed six people, including the driver, and injured more than 30 others.

The statement of claim was filed in court on Tuesday — a day before the Transportation Safety Board (TSB) ruled that speed and distraction were possible factors in the collision. But that investigation is ongoing.

LUCY SCHOLEY/METRO

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Magnotta trial starts today

Notorious. 32-year-old has pleaded not guilty in the gruesome slaying of 33-year-old student Jun Lin in 2012

The trial in one of Canada's most publicized and shocking criminal cases is set to begin Monday with evidence being heard in the proceedings against alleged murderer Luka Rocco Magnotta.

Magnotta, 32, has pleaded not guilty to five charges in connection with the slaying and dismemberment of Chinese engineering student Jun Lin in May 2012.

The charges are first-degree murder; committing an indignity to a body; publishing obscene material; criminally harassing Prime Minister Stephen Harper and other members of Parliament; and mailing obscene and indecent material.

Trial judge Guy Cournoyer questioned potential jurors earlier this month about whether they could stomach evidence that could be considered gruesome, graphic and possibly upsetting.

The 14 bilingual jurors who will hear the case will receive instructions from Cournoyer before prosecutor Louis Bouthillier begins presenting the Crown's arguments.

Bouthillier has said up to 60 Crown witnesses could be heard at the trial, which is expected to last between six and eight weeks. Some Europeans could be called to testify.

The trial is likely to lure plenty of curious onlookers. During the preliminary hearing, the case attracted criminology students, legal junkies and even a handful of people who appeared to support Magnotta.

Diran Lin has attended several days of proceedings and has said he hopes to see justice for his son.

Jun Lin, 33, had only been living in Canada since 2011, realizing a long-standing dream by coming to Montreal. His family said in April 2013 that Lin had a comfortable life working in IT at Microsoft's Beijing office, but had sought a move to Canada to study and to improve his life. THE CANADIAN PRESS

Luka Rocco Magnotta is taken by police from a Canadian military plane to a waiting van in 2012 in Mirabel, Que. Magnotta has pleaded not guilty to first-degree murder and other charges in the dismemberment and slaying of Jun Lin in May 2012. Magnotta's trial is set to begin on Monday. THE CANADIAN PRESS

The jury

The 16 people selected as jurors in the murder trial of Luka Rocco Magnotta:

1. Woman, auto parts analyst
2. Woman, assistant manager in a telecommunications firm
3. Man, works for a cleaning company
4. Man, web developer
5. Woman, stockbroker
6. Woman, public relations and translator
7. Man, university professor
8. Man, interpreter
9. Man, junior college professor
10. Woman, university employee
11. Man, retired financial analyst
12. Woman, call-centre employee
13. Woman, translator
14. Woman, works in administration at a butcher's shop
15. Woman, geologist (alternate)
16. Man, auditor (alternate)

Ford: 'Bigger and badder' cancer no match for me

Toronto Mayor Rob Ford stands with his wife and children after addressing the crowd at Ford Fest in Toronto on Saturday. CHRIS YOUNG/THE CANADIAN PRESS

A defiant Toronto Mayor Rob Ford returned to the public spotlight Saturday, talking tough about the cancer racking his body by saying he'd take it "out the back" and get rid of it like he did his substance abuse problems.

Ford mounted a small stage at his family's annual barbecue party and told a boisterous crowd of hundreds that he was going to triumph over his latest struggle just as he successfully tackled substance abuse during a stint in rehab that ended three months back.

"I had a guy I was looking in the mirror every morning and saying, You know what, I can't beat this guy. Wherever I went, that guy was there — and he was beating me every time — so you know what, I took that guy out the back, and I took care of him," Ford said, his voice sounding hoarse at times.

"A couple weeks ago, the doctor came up to me.… He says, We got someone bigger and badder than that, and I said, Who's that guy? And he said cancer," Ford said.

"I said, You know what, go tell cancer that I'm going to put him where I put that guy in the mirror three months ago."

Ford bowed out of the mayor's race this month, but is instead seeking a seat on council. His brother, Doug, has now jumped into the Oct. 27 mayoral contest in his place with Ford's enthusiastic approval.

Saturday's party came exactly one month before the election, and though the crowd's spirits were high, the ailing mayor's health loomed large.

Supporter Leo Robinson, clutching a sign slagging a mayoral rival, said although Ford was battling a rare cancer, he shouldn't quit politics but rather keep at it and stand up for the little guys.

"He's for the people. And once you're for the people, at the end of the day, whether you're here or not, you're still going to be fighting for the people," Robinson said.

Ford gave heartfelt thanks to his supporters, known in Toronto as "Ford Nation."

"Every single person has had personal problems in life," he said. "You find out who your real friends are and Ford Nation has never wavered one iota." THE CANADIAN PRESS

Endangered whales

Catastrophe ahead for St. Lawrence belugas: Expert

A researcher monitoring belugas in the St. Lawrence estuary is warning of a looming catastrophe after another difficult calving season for the endangered whale.

The belugas have been in a slow population decline for the past decade, according to Robert Michaud, the scientific director of Quebec's Marine Mammals Research and Education Group.

His team has found the carcasses of at least five baby belugas so far during the calving period.

"It's a catastrophic trajectory we're observing, and we don't yet know exactly what are the causes for that," he said. THE CANADIAN PRESS

Ottawa

Memorial honours five officers killed in the line of duty

A two-gun salute thundered over Parliament Hill on Sunday as three Mounties killed in a shooting rampage in New Brunswick were remembered, along with a Toronto police constable and a Saskatchewan conservation officer who also died in the line of duty last year.

Hundreds of police and peace officers from across Canada marched onto the hill to honour the officers.

"They stood for us against those who would do harm to our country, our communities and our families," Public Safety Minister Steven Blaney said at the memorial.

THE CANADIAN PRESS

Montreal

5 hurt after propane tank explodes in residential building

A propane tank explosion in a Montreal apartment building has left five people injured, two critically.

Paramedics say the two severely injured people had burns on roughly 80 per cent of their bodies but no impact wounds, which are typical in explosions. A firefighter also suffered minor injuries.

Spokeswoman Lynn Duncan says the investigation has been transferred over to the force's arson squad to determine the cause of the explosion.

"The initial cause would be a propane tank explosion, causing a fire that was quickly controlled by the firemen," she said.

THE CANADIAN PRESS

Firefighters advance to rescue climbers near the peak of Mount Ontake in central Japan on Sunday. Mount Ontake erupted shortly before noon Saturday, spewing large white plumes of gas and ash high into the sky and blanketing the surrounding area in ash. Rescue workers on Sunday found more than 30 people unconscious and believed to be dead near the peak of the volcano, a Japanese police official said. KYODO NEWS/THE ASSOCIATED PRESS

Volcanic eruption in Japan kills dozens

Mount Ontake. Popular climbing destination about 210 km west of Tokyo

Finally reaching the ash-covered summit of a still-erupting volcano in central Japan, rescue workers made a grim discovery Sunday: 31 apparently dead people, some reportedly buried in knee-deep ash.

Four victims were brought down and confirmed dead, one day after Mount Ontake's big initial eruption, said Takehiko Furukoshi, a Nagano prefecture crisis-management official. The 27 others were listed as having heart and lung failure, the customary way for Japanese authorities to describe a body until police doctors can examine it.

Officials provided no details on how they may have died.

It was the first fatal eruption in modern times at 3,067-meter Mount Ontake, a popular climbing destination about 210 kilometres west of Tokyo on the main Japanese island of Honshu. A similar eruption occurred in 1979, but no one died.

Rescue helicopters hovered over ash-covered mountain lodges and vast landscapes that looked a ghostly grey, like the surface of the moon, devoid of nearly all colour but the bright orange of rescue workers' jumpsuits.

Japanese media reported that some of the bodies were found in a lodge near the summit and that others were buried in ash up to 50 centimetres deep. Police said only two of the four confirmed dead had been identified. Both were men, ages 23 and 45.

Mount Ontake erupted shortly before noon at perhaps the worst possible time, with at least 250 people taking advantage of a beautiful fall Saturday to go for a hike. The blast spewed large white plumes of gas and ash high into the sky, blotted out the midday sun and blanketed the surrounding area in ash.

THE ASSOCIATED PRESS

As world leaders pledge aid, delays mean Ebola clinics must turn sick away

Doctors are in short supply. So are beds for patients. Six months after the Ebola outbreak emerged for the first time in an unprepared West Africa and eventually became the worst-ever outbreak, the gap between what has been sent by other countries and private groups and what is needed is huge.

Even as countries try to marshal more resources, those needs threaten to become much greater, and possibly even insurmountable.

Fourteen-year-old D.J. Mulbah was taken by his mother and grandmother on Saturday in desperate pursuit of a coveted bed at the Ebola clinic run by Doctors Without Borders in Monrovia, Liberia's capital. Too weak to stand, he was put into a taxi with his backpack and a bucket for vomit. Now he lay on the dirt beside the worried women.

"He's been sick for a week with a runny stomach," said his mother, wiping the sweat off the boy's brow with her bare hands. "We tried calling an ambulance days ago but nobody ever came."

Beds are filling up as fast as clinics can be built. Ambulance sirens blare through standstill traffic. Often there is nowhere to take the sick except to "holding centres" where they await a bed at an Ebola treatment facility.

Statistics reviewed by The Associated Press and interviews with experts and those on the scene of one of the worst health disasters in modern history show how great the needs are and how little the world has done in response.

THE ASSOCIATED PRESS

Hong Kong. Police use tear gas on pro-democracy protesters

Hong Kong police blasted pro-democracy protesters with tear gas and used vans with flashing lights in renewed efforts overnight to force demonstrators from streets near the government headquarters, as the city's top leader early Monday urged them to go home.

Hong Kong's top leader, Chief Executive Leung Chun-ying, reassured the public that rumours the Chinese army might intervene were untrue.

"I hope the public will keep calm. Don't be misled by the rumours. Police will strive to maintain social order, including ensuring smooth traffic and ensuring the public safety," said the Beijing-backed Leung, who is deeply unpopular. He added, "When they carry out their duties, they will use their maximum discretion."

As sit-ins spread to other areas of Hong Kong in the strongest challenge yet to Beijing's decision to limit democratic reforms for the semi-autonomous city, Leung urged everyone to go home and avoid causing trouble.

"We don't want Hong Kong to be messy," Leung said as he read a statement aloud early Monday on TV.

After spending hours holding protesters at bay, police lobbed canisters of tear gas into the crowd on Sunday evening. The searing fumes sent demonstrators fleeing, though many came right back to continue their protest. The government said 26 people were taken to hospitals; some carried away on stretchers.

As the protest dragged past midnight, police began pushing the crowds back with their vans. Meanwhile, some protesters began occupying other downtown areas.

Some protesters pulled back, fearing police might move more aggressively to end the protests, which began with sit-ins over a week earlier by students calling for Beijing to grant genuine democratic reforms to the former British colony.

THE ASSOCIATED PRESS

A student is overcome by pepper spray from riot police as thousands of protesters surround the government headquarters in Hong Kong Sunday.
WALLY SANTANA/THE ASSOCIATED PRESS

Netherlands

Monster truck crashes into crowd, kills 3

A monster truck outfitted with tractor-sized wheels crashed into a crowd during a show in the Netherlands near the German border on Sunday, reportedly killing three people and injuring at least a dozen. Video footage of the incident shows the truck veering off course after driving over the top of a row of cars, then knocking down a guardrail and driving into a group of onlookers.

THE ASSOCIATED PRESS

Halifax

Police search property where deck collapsed

Police say they have searched a Halifax property where a third-storey deck collapsed, leaving five people seriously injured.

Officers say they executed a search warrant at the home on Brussels Street in the city's south end on Saturday.

They say the owner of the home has also been interviewed.

THE CANADIAN PRESS

Detroit. Emergency manager drawing closer to unemployment

Kevyn Orr's success in shepherding Detroit through its historic bankruptcy will leave him unemployed, at least temporarily, when and if his task in the Motor City is complete.

The turnaround expert who helped Chrysler through its 2009 Chapter 11 restructuring says he has given no thought to what he will do once Detroit's bankruptcy trial ends.

"I will talk to no one about a potential job until I'm done here," Orr said minutes after signing an order Thursday relinquishing most of the power he's had for the past year and a half as the state-appointed emergency manager back to the mayor and city council. "I'll be truly unemployed — hopefully in a couple of weeks."

Chances are he won't be jobless for long.

"Orr and his team have really done an extraordinary job in the last 18 months in guiding the city through uncharted water," said Michael Sweet, a bankruptcy attorney with Fox-Rothschild's San Francisco office. "It puts him at the forefront of people who do this. He would have accomplished in a very short period something no one has ever done."

Orr left the international law firm Jones Day to take the Detroit job in March 2013. That July, he made Detroit the largest U.S. city to file for bankruptcy.

His debt adjustment plan, which still must be approved in bankruptcy court, seeks to wipe out $7 billion of the city's $12 billion in unsecured debt.

THE ASSOCIATED PRESS

Quoted

"Kevyn Orr has ... done quite a job in pulling together all the disparate pieces necessary to get very close to resolving the bankruptcy."

Bankruptcy attorney Michael Sweet

Brand trials, triumphs and tribulations

HOW TO ROLL
Alison Griffiths
metronews.ca

September is often the best month for weather but the worst historically on the stock market. Not this year. Still, the thumbs had a lot to choose from in the September business and investing roundup.

Thumbs down:
Tim Hortons married Wendy's in 1995. That alliance was entirely one-sided, with Tim's propping up a failing fast-food business. Now there's a second marriage to Burger King. But wait — the matchmaker behind the union is actually 3G Capital of Brazil, which owns the Home of the Whopper.

The 3G merger machine loves buying winners then getting out the corporate scissors to cut, cut, cut to boost profits. 3G Capital, by the way, was responsible for the closure of the Heinz factory in Leamington, Ont.

The 3G knives have already been slashing at Burger King's operations, axing huge numbers of head-office jobs and dumping company-owned stores. Soon, that bit of fresh lettuce and tomato on your Tim's breakfast sandwich may be history.

Thumbs down:
Could American Apparel make things any worse for its brand image? Oh yes, it could. The hip clothing retailer fired its foot-in-mouth founder, Dov Charney, in June over alleged sexual harassment. Then, just to prove that the company does not condone the objectification of women or girls, it launched a back-to-school campaign with Lolita.

Come again? There's nothing like a photo of a mini-skirted, supposed schoolgirl bending over showing her undies and bottom cheeks to demonstrate that the company is serious about treating us gals in a respectful way.

The ad was promptly banned in British publications.

Thumbs up:
The 40 thieves did not accompany Chinese e-commerce giant Alibaba to the big board when its initial public offering (IPO) debuted on Wall Street 10 days ago. Instead, a good deal of fairy dust was flung about as the IPO hit the record books as the all-time biggest, raising $25 billion.

Tech investors are still smarting over Facebook's sad-sack launch in 2012. In contrast, Alibaba's liftoff has been a breath of fresh IPO air. While there are still worries about how real the company's figures are, there's no question that Alibaba has actual revenues and profits. Whew!

Compare and contrast

Is Canada selling or buying?

- **$428 billion**: The value of Canadian companies sold to foreign interests from 2004 to 2013.
- **$575 billion**: The value of foreign companies purchased by Canadians.

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Air France. Pilots' union ends strike action

Air France's leading pilots' union on Sunday announced an end to a 14-day strike that grounded roughly half of the airline's flights, stranded passengers worldwide and led to stern shows of frustration by the French prime minister.

After a late-night, 15-hour negotiating session with management, leaders of the SNPL pilot union walked away with no accord, but with the realization that the strike "is not an end in itself," said union spokesman Antoine Amar. The union was "taking up its responsibilities" and ending the walkout so that service can now resume and negotiations can continue peaceably, he said.

Air France, in a statement, said that service would start returning to normal on Tuesday — meaning that flights already cancelled between now and then won't be reinstated.

At the centre of the standoff are Air France's ambitions to develop a low-cost affiliate, Transavia, to tap into new markets in both France and elsewhere in Europe and better compete.

The pilots' union started the strike out of concerns that management was looking for a way to outsource jobs to countries with lower taxes and labour costs.

THE ASSOCIATED PRESS

A pilot and Air France workers gather in front of the company headquarters as they demonstrate against the pilots' strike in Roissy, outside Paris, Wednesday. Slogans read "No to This Strike." CHRISTOPHE ENA/THE ASSOCIATED PRESS

Shanghai

China lifts curbs on foreign investment

China announced Sunday the lifting of restrictions on foreign investment for several industries, from green tea to civil airplane engines, in a special free-trade zone in the business hub of Shanghai.

The new rules affect 27 industries and represent a mix of concessions over the rules that apply elsewhere on the mainland.

THE ASSOCIATED PRESS

Saskatchewan

Carbon-capture plant to launch

Saskatchewan's government-owned power utility, SaskPower, is set to launch its flagship carbon-capture-and-storage project this week when it cuts the ribbon on a $1.4-billion addition to its Boundary Dam power plant near Estevan.

The project outfits part of the power station with a mechanism to capture carbon dioxide emissions and transport the gas through a steel pipeline into storage deep underground.

THE CANADIAN PRESS

LEPRECHAUN NEEDS A POT OF THE GOLDEN RULE

URBAN COMPASS

Steve Collins
ottawa@metronews.ca

The so-called "TTC Leprechaun," a spiteful creature in a green shirt, bowler hat and chin beard, is becoming the latest poster boy for selfish, head-up-the-fundament behaviour on public transit, and not just in Toronto.

His alleged offence: occupying a seat with his bag on a crowded bus, and then not only refusing a woman's request to move it so she could sit, but doubling down by shoving her, verbally abusing her and flipping the finger.

A Facebook account of his boorish display and an online video have, as we say, gone viral, in that they're making rapid rounds online — and also in that they may sicken people exposed to them.

There are two sides to every story and it's possible the TTC Leprechaun is a lovely, altruistic fellow, and that the luggage he thought more needful of a seat on the bus than an actual human contained donor organs he was selflessly rushing to an emergency room. Anything's possible.

But on the face of it, he appears to have masterfully escalated a garden-variety bit of transit-riding bad form into a sort of narcissistic performance art, for which the reviews have been justifiably scathing.

The TTC has made attempts to find security video of the incident, and, just in case anyone's still in any doubt, the commission explains its people vs. baggage policy (feel free to read this in the slow, calming voice you'd reserve for a mid-tantrum toddler): "Bags don't pay fares. People do."

I don't think it coincidental that in the video filmed after the initial confrontation, which has become a 44 Seconds' Hate for transit riders, the Leprechaun doesn't even look at the woman he's abusing; his eyes appear glued to his phone the whole time.

These screens can hold a mirror to the souls of the self-absorbed and oblivious, proving again and again that you can't Google a clue.

The technology has its uses, of course — the incriminating video was recorded on another passenger's phone.

And posts from and responses to the "OC Transpo Rulebook" Twitter account (@OCRulebook) have become a handy forum for Ottawa riders to school each other on the finer points of on board conduct. (Example: "Don't break up with someone on a packed city bus. It's awkward for those nearby.")

The social media conversation often gets bitchy, but this crowd-sourced pillory is probably more effective than OC Transpo's official etiquette primer, the hokey Busology campaign, the latest chapter of which, launched in April, exposing riders to such well-meaning doggerel as, "It's better to look back than hit someone with your backpack."

Sure, Busology ads posted on board may serve as a useful reminder to particularly obtuse riders, but the accompanying videos, for which one must actively go to OC Transpo's website, are -— I'm just hazarding a guess here — probably not reaching their intended audience.

Online justice can be rough, and the TTC Leprechaun has become a social media leper. He might well hesitate to show his face on the bus any time soon, though sympathy over his ostracism may be limited.

But here's some free advice: Burn the shirt and hat, shave the dumb beard, and try not to be such a creepshow. Nobody will ever recognize you.

Pride protected

A gay activist holds a rainbow flag as he stands in front of Serbian riot police during a pride march in Belgrade Sunday. Thousands of police officers were deployed in an effort to protect the march that faced threats of attacks. MARKO DROBNJAKOVIC/THE ASSOCIATED PRESS

Serbia holds first pride march in four years

Waving rainbow-coloured flags, several hundred gay activists proceeded undisturbed through downtown Belgrade on Sunday thanks to the protection of thousands of riot police.

Skirmishes were reported between small groups of extremists and police during and after the march, with soccer hooligans attacking liberal B-92 radio and TV station with flares and smoke bombs. Two policemen were injured, the station said. Also, the hooligans set one public bus on fire with flares, according to police.

Belgrade Mayor Sinisa Mali joined the march together with several foreign diplomats and party leaders.

Officials allowed Sunday's event, despite fears of a repeat of the violence in 2010 when right-wing groups attacked a pride march in Belgrade, triggering clashes with police that left more than 100 people injured. THE ASSOCIATED PRESS

Symbolic

The march advanced for several hundred metres through empty streets where shops were closed and public transport was stopped. Still, it was important symbolically as a rare public event.

MetroTube

Doggone dogs, y'know?

ANDREW FIFIELD
andrew.fifield@metronews.ca

There's no shortage of videos featuring dogs doing some damned fool thing, but every now and again, a dog pulls a bonehead bout of baffled behaviour that leaves even the people who know it best dumbstruck by what they've just seen. This is one of those videos. (Daniel Wirtz/YouTube)

Comments

RE: Redbox Resurrects DVD Rentals to Canadians, published online Sept. 27, 2014

I can't even begin to make fun of this in a way that would place it into a properly ridiculed context. Instead, consider that this costs Redbox nothing and the poor franchisees that fall for the con, thou$ands.

Jeff200, posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 10 in Scene and page 17 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

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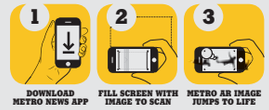

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Soundtrack

Former child soldier, actor to release album

The Good Lie star Emmanuel Jal is set to launch his fifth studio album The Key on Oct. 9th at Toronto's Tattoo Queen West.

Jal will be world premiering songs from his new 13-track album — which includes collaborations with Nelly Furtado.

Recorded in Kenya, Uganda, London, New York, Connecticut and Toronto, The Key seamlessly blends traditional African music with contemporary urban, hip hop and global pop music rhythms, while incorporating EDM, reggae/dub, soul and Afro beat elements.

Two songs from The Key (Scars and We Fall) are featured on The Good Lie soundtrack, a film that Jal co-stars in alongside Reese Witherspoon, and that premiered at TIFF (Toronto International Film Fest) in early September.

Jal has collaborated with and performed alongside numerous big acts including Peter Gabriel, Alicia Keys and Joss Stone, and had the honour of performing at the late Nelson Mandela's 90th birthday celebration in London. He has been featured on CNN, Time, USA Today, MTV, BBC, New York Times, Rolling Stone, NPR, Huffington Post, CBC (Strombo's The Hour, Q with Jian Ghomeshi), CTV's Canada AM and most recently appeared on the season premiere of The Queen Latifah Show on Sept. 15, where he got the Queen herself to dance to his buzzy Afro beat song Dusu, which appears on The Key.

METRO NEWS

metro AR Reese Witherspoon and former child soldier and now actor Ger Duany bring to life the story of three child soldiers from Sudan in The Good Lie. Scan this photo with your Metro News app to see the trailer. CONTRIBUTED

Story of lost boys of Sudan a wrenching tale of humanity

The Good Lie. Actors have a special tie to true tale of child soldiers who escaped to settle in Kansas City — it was their own

AUSTEN GILLILAND
scene@metronews.ca

A seemingly endless line of children trails across the horizon. Orphaned by civil war, they're walking — they hope — to safety. But they have hundreds of miles to go, and no guarantees of what they'll find along the way.

It's a scene from new movie The Good Lie, but it's far from fiction.

"I feel like it's my story being told on the big screen," said actor Emmanuel Jal.

"Emmanuel and I carried AK-47s just to live, before we even knew how to read and write," said actor Ger Duany.

Jal was born into the life of a child soldier; Duany was forcefully recruited. Eventually, they both joined the thousands of orphans who fled the brutal civil war that broke out in Sudan in 1983. Walking for months in search of sanctuary, those children became known as the "lost boys."

Those who survived the journey ended up in refugee camps in neighbouring Kenya and Ethiopia. About 3,600 of them were eventually relocated to the United States.

Jal and Duany, along with fellow Sudanese actors Arnold Oceng and Kuoth Wiel, bring the story of the lost boys (and girls) to life in The Good Lie. The movie traces the journey of four young Sudanese refugees as they flee the war, living first in a refugee camp and then ending up in truly unfamiliar territory: Kansas City, Mo.

Although life in the refugee camps was an improvement over life on the run, it still wasn't easy.

"There was no electricity, no running water," said Duany.

And the lucky few who made it to America faced a new set of challenges.

"Everything was new when we came here," said Duany.

Everything — from drinking straws to light switches to toilets — was a mystery. The moments of discovery provide a bit of lighthearted relief in the movie, as the refugees gradually find their feet with the help of a no-nonsense employment counsellor played by Reese Witherspoon.

Although Jer and Duany believe the story of the lost boys is an important one to tell, revisiting the past wasn't easy.

Duany had hoped for years to act in a film depicting the struggles of Sudan's lost boys, but when the chance finally came, "I read the script and I collapsed. I threw it away, and I went to the bathroom to cry," he said.

"I never thought this story would be told."

But it's worth it, he says. "This was horrible, it happened a long time ago, but we want to tell this story now," he said. "Because there is another story coming."

Jal agrees. "This film is not just about the lost boys," he said. "This is about humanity."

As well as raising awareness about the plight of Sudanese refugees, the actors hope the film will help raise funds to support the humanitarian and educational needs of the lost boys. Find out more about the Good Lie Fund at thegoodliefund.org.

The Good Lie opens in Toronto on Oct. 3, and across Canada on Oct. 24.

Quoted

"I read the script and I collapsed. I threw it away, and I went to the bathroom to cry."

Actor and former child soldier Ger Duany on reading the script for The Good Lie for the first time.

George Clooney and his wife Amal Alamuddin. LUCA BRUNO/THE ASSOCIATED PRESS

With Clooney finally gone, who is next top bachelor: Leo, Ryan or Pauley?

George Clooney went and got himself hitched this weekend. So that means one thing: We need to hurry up and find Hollywood's Next Most Eligible Bachelor.

It's a tough act to follow, to be sure, but someone out there has to be at least nearly as adept at being rakish and charming, looking great in a tux and squiring an unyielding stream of enviable girlfriends while avoiding talk of marriage.

So, ladies, who is the new reigning king of single Hollywood? The smart money is on the ever-debonair Comedy Store heir Pauley Shore, who oozes confidence and sophistication. (Although Shore has some serious competition in A-list gala circuit fixture David Spade.) But our money is on Ryan Seacrest. Is that guy ever going to meet the right girl and settle down?

All joking aside, the real answer is noted environmentalist, serious actor type and serial model defiler Leonardo DiCaprio — which is a bit awkward, since Clooney isn't such a fan of the Great Gatsby star. Probably he would've much preferred Shore, but hey, that's not up to him. Enjoy the honeymoon, George!

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Lawrence finds Coldplay gigs are better than counting sheep

STARGAZING
Malene Arpe
scene@metronews.ca

Jennifer Lawrence keeps turning up at boyfriend Chris Martin's Coldplay concerts. Lesson learned: If you find a cure for insomnia that works, you just stick to it.

James Blunt got married this past week. Whatever. Sure. OK.

This week in celebrity activism: 1. Emma Watson delivers a passionate speech on gender equality at the UN. 2. Leonardo DiCaprio, Mark Ruffalo, Sting, Edward Norton and Evangeline Lilly participate in climate change marches. 3. Joseph Gordon-Levitt launches a project, inviting people to tell him what feminism means to them. 4. Matt Damon speaks at the Clinton Initiative. 5. Kim Kardashian posts a picture of Kanye West ("#MyFineAssHusband") and campaigns for a guest spot on Downton Abbey.

Jeremy Renner reveals he got married. Too bad. He's kinda hot.

Eleven months after their split, Kris Jenner and Bruce Jenner are getting divorced. They've already split everything right down the middle: Kris gets the money and the houses and Bruce gets away.

Tom Hardy secretly married Charlotte Riley more than two months ago. Noooooooooooo.

Zayn Malik of One Direction. GETTY IMAGES

One Direction terrorist joke goes south for Daily Show

The folks at The Daily Show with Jon Stewart have learned not to kick the hornet's nest that is One Direction fandom. Fans lit up Twitter with the hashtag #thedailyshowgonetoofar after Jessica Williams mentioned the group in a joke.

"Just as you were talking, a new terrorist group formed with one member each from ISIS, al-Nusra, al-Qaeda, Hamas, One Direction, and the Zetas drug cartel," she reported during the show.

Fans immediately assumed the show's writers were poking fun at Muslim group member Zayn Malik.

Some of the more choice responses included: "Don't try joking with our boys, because we are Directioners and we are mafia," "I suggest you take 8,381 steps back before I actually kill you" and "It's not funny to make jokes about terrorism in the first place."

Twitter

@officialjaden
Hate Me Love Me Doesn't Matter
I'm Still Occupying Time Inside Of Your Psyche.

@thandienewton
Just met one of my heroines the great Chrissie Hynde #swoon

@joelmchale
Whoever used the urinal before me was either very nervous or blindfolded, or nervous & blindfolded.

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LIFE 3

Pick a destination to keep your financial plan on track

Where are you going? Your financial planning journey starts with a goal

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Figuring out your financial goals before you set out will keep you headed in the right direction. ISTOCK

Imagine that your best friend has invited you to stay at her cottage. She tells you it's "up north." That's it, no more info. That's how most people treat the management of their money. The destination is vague and they have no idea which way to go. I want you to think of a financial plan as a GPS device for your financial life. But before you can head off, you at least need to know where you want to end up!

While you have to know where you're headed to lay down a trip plan, if you change your mind, or if something throws you off track, you don't just stop or wander around aimlessly. Just as with a GPS, you recalculate your route. You figure out what you want to do next and head off.

To have the life you want, you need to know where you're going. This isn't about casting your life plan in concrete. It's about having a sense of your destination and some good directions. You need to put an address in your GPS before you can get started. That address is your goal.

You can have loads of dreams and just as many goals, but you can't possibly do them all at once. Time to prioritize. When you make your goals, identify what the most important thing on your list is. Label it No. 1. That's the thing you'll put the majority of your effort towards.

You can work towards more than one goal at a time, but you need to prioritize. No, you can't buy a house, have a baby and go back to school all at the same time. What's your Goal No. 1? Where do the others fit into your plans? Label whatever else you're working on as No. 2, No. 3, and so on.

Those goals have to be very specific. Be clear about what you want. Want to buy a home? What kind of house? Semi, condo, or fully detached? In the city? In the country? For how much? For $175K, $350K, $1.2 million?

Since, as I have been heard to say about a bazillion times, "a goal without a deadline is a dream," you have to add some dates.

Do you want to buy that home in two, three or five years? Again, the timeline isn't cast in concrete, but having it means you're serious about your focus.

Some goals have a short-term timeline, like saving for your sister's wedding. Some goals are medium-term, like putting together the down payment on a home. Some are long-term, like saving for retirement.

Patience and tenacity will get you where you want to go. Baby steps or great big leaps, you'll move at a different pace on different goals depending on what else is going on in your life. What's important is to keep moving forward.

If you've got kids who are babies, don't ignore the educational savings plan. Putting just a little away each month puts momentum on your side. It doesn't have to be a ton to start. But you have to start. It's the same with balancing debt repayment and savings. You can't just focus on your arrival time when you're heading to your destination, you have to watch road conditions and monitor your speed.

You want to get your student debt paid off. Great. You've got $31,000 worth of debt, and you want it gone in 24 months. Really? The principal alone will cost you $1,292 a month from your cash flow? Is that realistic? There's no point in setting goals you can't achieve. It's better to be realistic about your destination and when you plan to get there.

Don't expect things to go smoothly the whole way. C'mon, you know life isn't like that! You've got to be prepared to adjust your plan.

Halfway to your destination, a roadblock can send you miles off course. Don't give up. Show some backbone. Recalculate your journey and get moving. If you're determined, you'll get there. There may be some bumps and jolts along the way, but you'll get there.

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Chart your milestones

Your financial plan tells you how far you have to go. It reassures you that you're making progress.

- When it comes to a goal, you have to find a way to visualize the progress you're making.
- Whether you create a chart with the milestones to your goal highlighted, or you create a vision board on which you can plot each step you've taken, track your progress.
- That'll help you moving towards your destination.

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When work wages war on wellbeing

Of life and labour. A sociology professor delves into the links between work, stress and health

University of Toronto professor Scott Schieman is investigating what he calls 'work-life interface'.
BRIAN SUMMERS / TORSTAR NEWS SERVICE

"Why can't there be more hours in a day?"

It's a plea that rears up inside the brain, usually around 10 p.m., when the to-do list of emails, laundry, children's party invitations, the carpool schedule and a must-finish-by-tomorrow work deadline seems impossible to complete before sunrise.

It's also an entreaty that seems to have no clear answer, unless you're willing/able to forgo sleep indefinitely.

But next time you appeal to the heavens for a few extra hours, know that Scott Schieman is looking for a solution to this modern-day problem.

The University of Toronto sociology professor is investigating the links between work, stress and health using data from an ongoing national survey of some 6,000 Canadian workers. Launched in 2011, the study will conclude in 2019.

So far, Schieman, who is also conducting in-depth interviews with a group of study subjects on what he calls "work-life interface," has found that about one-third of workers report feeling overwhelmed by their jobs. About one-third of workers also say they don't have enough time in which to complete their job tasks.

"The number one thing that undermines work-life balance, or work-life fit, is feeling rushed for time — that feeling like you have too much to do and not enough time to do it in," says Schieman, who also holds a Canada Research Chair in the social contexts of health.

Schieman hopes his research will help employers and employees find solutions to this ever-increasing societal problem.

He says research has shown that people who report high levels of job pressure are more likely to experience physical and mental health problems.

Until societal solutions emerge, Schieman says one way people can reduce the feeling of being overwhelmed by their job is to look closely at whether their workload is realistic.

"Step back and reflect on the structural reasons for your workload," he says. "Is someone at work putting too much pressure on you? Is the problem stemming from how you are organizing your work schedule? Just consciousness-raising about the amount of work and the time to do it in can help pinpoint solutions."

Schieman also recommends workers find social supports to help relieve job-related pressures.

"Having support from co-workers and managers — this is a huge factor," he says, noting that supervisors who empathize with employees over work-life balance foster loyalty and create a more-committed workforce.

"It really helps having a manager who understands the importance of work-life fit."

When the clock strikes stress

"The number one thing that undermines work-life balance, or work-life fit, is feeling rushed for time — that feeling like you have too much to do and not enough time to do it in." Scott Schieman

Since autumn brings with it that back-to-school, back-to-work mindset, Torstar News Service asked two busy professionals to share their challenges, and solutions, to finding that elusive work-life balance.
TORSTAR NEWS SERVICE

Sacrificing sleep for work

Name: Alison Kramer

Alison Kramer

- Life, in brief: A writer, content creator, and former entrepreneur, Kramer lives in Oakville, Ont., with her life and business partner, Scott Stratten, president of Un-Marketing. Their house is home to four children (they're a blended family) ranging in age from eight to 13.
- Kramer, whose most recent project with Stratten is the book UnSelling: The new customer experience, says she works whatever hours are needed to meet a deadline.
- The hours that Kramer sleeps, however, rarely change. "I get five hours a night," she says. "Sleep is one of those things I've never gotten very much of. I believe in finding extra hours in the day. I believe they exist."

Challenges: For Kramer, being a writer and content creator means that she can work anytime, anyplace to meet deadlines.

- This kind of flexibility is one of the reasons she walked away from her small business two years ago. It also means Kramer has to work hard to prevent work from bleeding into family life.

Solutions: Kramer aims to find balance each day.

- "I can be home and writing and still leave for half an hour to pick up someone from school who is sick. I have a lot of flexibility and I think that's a privilege."

Taking time to find time

Name: Brendan Neil

Brendan Neil

- A criminal defence lawyer based in Halton, Ont., Neil is married and has a 17-year-old daughter. He works between 80 and 100 hours a week. He sleeps between three and six hours a night.
- Neil makes time for activities that help him relieve stress, including running, going to the gym and teaching a scuba diving class.

Challenges: For Neil, managing his often overscheduled calendar is an ongoing dilemma.

- In his profession, clients may call in the middle of the night requesting his help. He also never knows when a trial may get extended, pushing a neatly scheduled calendar into disarray.
- "This year has been especially rough," he says. "My family went away five times and I had to stay home."

Solutions: Neil plans every aspect of his life since his work can easily take over all available hours.

- "You have to schedule and prioritize the important things in life, including family time and time for yourself," he says. "If you don't schedule it, you will find that you won't have time for it."
- "My advice is to plug it all in your calendar or it will all slip by the wayside."

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Lessons from the desert

When things go awry, one must make do on the fly

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.

Going to war when your team isn't winning wastes time and energy. Focus that fervour on perfecting a new plan of action. ISTOCK

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

Competing in the Chilean Atacama Crossing, my first team-based extreme ultra-marathon, I learned the benefit of rapidly switching strategies.

In that event, each member of our team of three was required to run 250 kilometres, remaining within 10 metres of one another at all times

Twenty minutes into the race, we realized our team wasn't evenly matched — which meant we risked losing everything. We had an impromptu meeting while running to clear the air of each member's emotions: fury, resentment, and embarrassment. After a colourful exchange, the conversation shifted to strategy. Now last in the team category, we agreed our fastest would lead us out, while our strongest would dedicate their race to the weak member. Basically, for every uphill or section where we struggled, our weakest member was either pulled by the hand or pushed on their back.

Four hours later on that long first-day stage, the lead team was in sight, initiating a long uphill climb.

Never expecting to see them, we were gifted with a surge of adrenaline. With three kilometres to go, pushing our weak teammate uphill, we passed them, narrowly winning by two minutes. We kept the strategy going for five more marathons and crossed the finish line hours ahead of the second-place team.

In team-based competitions or projects, when a team member can neither fulfil their role nor be replaced, everyone has to improvise in real time and willingly commit to a new role to benefit the team.

In the heat of the moment when I realized we hadn't all prepared equally, I remember being furious.

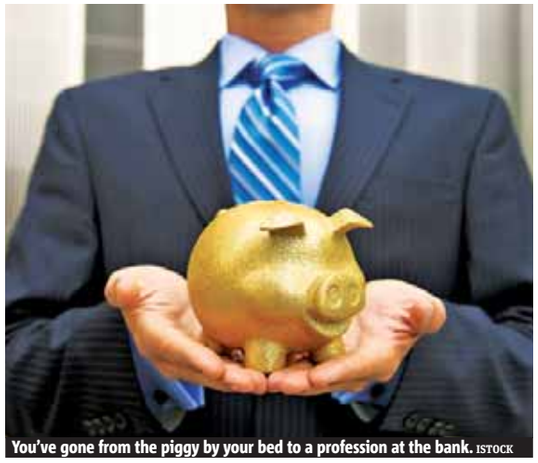
Yet, when we crossed the finish line hours later, I felt only gratitude for having played my role in a great team victory.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

Making it in the world of moolah

Cash in with these characteristics.
Success in banking takes certain skills

JUSTIN MATHEWS
TalentEgg.ca



You've gone from the piggy by your bed to a profession at the bank. ISTOCK

The world of banking is a hot spot for recent graduates interested in hatching a top career.

The industry has diverse career offerings, but making your way will call for a pivotal combination of hard and soft skills.

Here are some important skills and traits that employers look for in a prospective employee. These qualities aren't just a career-hatching asset — they'll also ensure your continued success as a new professional.

Industry knowledge

Banking requires a high level of finance and industry knowledge.

Successful banking professionals will need to be intimately familiar with the regulations that govern banking in Canada.

Moreover, aspiring individuals should not limit their knowledge base to the banking industry. Just as banking is vital to the economy, so too is the economy vital to banking.

Aspiring banking professionals should build their knowledge base in all aspects related to banking, banking regulation, finance and the economy.

The banking system in Canada continues to evolve, which means regulations do as well. Banking professionals are expected not only to have a sound knowledge base, but being constantly aware of new changes within the industry, as well as the regulations.

Analytical thinking and entrepreneurial spirit

The banking industry is primarily concerned with risk management. Successful banking professionals excel at managing risk precisely because of their analytical rigour. Banking requires incredibly strong lateral and analytical thinking.

Like consultants, banking professionals are valued for the ability to think outside the box, solve problems, and predict and avert problems that have not yet materialized. To this end, banking requires not only an ability to remain incredibly sharp, but learn quickly and grasp new concepts with ease.

This level of analytical rigour, the product of intellectual curiosity, lends itself well to innovation.

The most successful banking analysts not only complete their own work objectives, but also take a broad interest in the work of their colleagues, and how different work loads contribute under an umbrella project.

Cool under pressure

- Successful banking professionals are notably resilient in their ability to work independently in high-pressure environments that have demanding objectives, stringent and changing deadlines and a variety of new information appearing at a moment's notice.

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My seat-mate cycles, then sits, then stinks

Dear Metro,

There's a guy at my office who bikes to work in the morning then stinks all day. Our colleagues talk about his smell behind his back, which seems mean — other than the body odour, he's a great person. What's the best way to let him in on the issue without embarrassing him?

— No Mo' B.O.

OFFICE SPACE
Eleni Deacon
life@metronews.ca

If there's an odour overtaking the office, the stinky source will likely respond more readily to a soft hint rather than a pee-yew protest. ISTOCK

Dear NMBO,

Firstly, kudos for staying out of the gossip. Let your associates nurse their precious olfactory glands without you. While it can be unpleasant, B.O. doesn't have to be a big deal.

That said, your colleague smells and he deserves to know the truth, especially if it's affecting his reputation around the office. Under the appropriate circumstances, a private, one-on-one conversation is probably your best approach. If you're close with this co-worker — for example, if he's one of your top office buds — bring it up in a relaxed way next time you're grabbing coffee or lunch together. "Hey, you might want to double up on that deodorant after your morning commute," you could say, adding that a hefty bike ride will have even the daintiest of clean freaks smelling ripe.

In cases where face-to-face is too awkward — or just too plain smelly — you could also address it with a frank but polite email.

This spares him the discomfort of having to face you when he realizes it's him, not that science project in the back of the fridge, that's stinking up the office kitchen. Whatever words you choose, keep your note kind and casual. And you don't need to tell him his pits are the talk of the water cooler.

If you're not comfortable with a direct B.O.-vention, there are likely people at your workplace who are trained to have these types of conversations. Your HR department or managerial staff can address the issue from an administrative perspective, getting to the point without making it personal.

Keep in mind that body odour is caused by many factors, several of them health-related. If there's any chance your colleague's issues go beyond poor post-bike hygiene, leave the discussion to those responsible for sensitive workplace affairs. Otherwise, you might find yourself the subject of an HR complaint of your own.

And if all else fails, crack a window or subtly spritz some Febreze around.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

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Fall for this light, seasonal dish

This recipe serves six. ROSE REISMAN

FLASH FOOD

From your fridge to your table in 30 minutes or less

Ingredients

Salsa

- 1 large ripe pear, peeled, cored and diced
- 1 tbsp brown sugar
- 1/2 tsp cinnamon
- 2/3 cup finely chopped dried apricots
- 1/3 cup finely chopped red onion
- 1/3 cup finely chopped roasted red pepper
- 1/4 cup chopped toasted pistachio nuts
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tbsp maple syrup
- 1/2 tsp finely chopped garlic

Fish

- 1 1/2 lb lake or salmon trout (or tilapia)
- 1/4 cup all-purpose flour
- 2 tsp vegetable oil
- 3 tbsp chopped fresh mint or basil

Trout with Pears, Pistachio and Dried Apricot Salsa. Before you dig into stews, try this healthy fish dinner

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Barbecue season has mostly come to an end and now it's back to the oven.

Baking a delicious fish entrée is a great way to start off the fall with healthier eating habits.

Lake trout has a pink tone with a light and flaky texture. It has a mild flavour and is a lean fish that's filled with omega-3 fatty acids, which reduce heart disease, high blood pressure, high blood cholesterol and certain cancers.

It's also approved as a safe fish to eat in reference to contaminants.

The salsa topping brings out the flavour of the trout.

The combination of sweet pears, apricots and pistachios is perfect with this light-tasting fish.

You can also use ripe pears to replace the apples and substitute tilapia, basa, or pickerel for the trout.

Directions

1. For the salsa, lightly coat a small, nonstick skillet with cooking spray and set over medium heat. Add the pear, brown sugar and cinnamon. Sauté for about 3 minutes or until the pear is softened and begins to caramelize. Place in a small mixing bowl.

2. Add the dried apricots, onion, red pepper, pistachio nuts, olive oil, lemon juice, maple syrup and garlic. Stir to combine and set aside.

3. Dust fish with flour. Lightly coat a nonstick skillet with cooking spray, add the oil and sauté fish for about 8 minutes or just until cooked, turning halfway through.

4. Place on a serving platter, spoon the salsa over the fish and garnish with mint or basil.

Nutritional information

Per serving

- **Calories.** 310
- **Carbohydrates.** 27 g
- **Fibre.** 2.9 g
- **Protein.** 22 g
- **Total fat.** 12 g
- **Saturated fat.** 2.1 g
- **Cholesterol.** 60 mg
- **Sodium.** 80 mg

This Greek Salad gets stuffed

If you love Portobello mushrooms, this makes a great side or vegetable dish. I like to serve the stuffed mushroom at room temperature. This a unique way of serving a Greek salad.

Ingredients

- 3/4 cup panko crumbs or bread crumbs
- 2 tbsp grated Parmesan cheese
- 1 egg
- 2 tbsp milk
- 6 large Portobello mushrooms, cleaned with stem removed
- 1/2 cup each diced seeded tomato, green pepper, cucumber
- 1/2 (2 oz) cup diced feta cheese
- 1/4 cup diced green onion
- 2 tbsp chopped black olives
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1/2 tsp minced garlic
- 1/2 tsp dried basil

1. Preheat oven to 425 F. Line a baked sheet with foil. Mix panko crumbs and cheese and place on a flat plate. Mix egg and milk and place on a separate dish. Dip mushroom caps, both sides, into egg mixture then crumb mixture.

2. Place mushroom caps on sheet and spray with vegetable oil. Bake for 15 minutes just until tender and browned.

3. In bowl combine remaining ingredients. Divide the vegetable mixture over top the mushroom caps. ROSE REISMAN

This Portobello Mushrooms with Greek Filling recipe serves six. ROSE REISMAN

4 SPORTS

The 11th hour

A's advance to playoffs for third straight season

The Oakland Athletics finally clinched their third consecutive playoff berth — on the last day of the regular season after a prolonged slump.

Sonny Gray threw a six-hitter to win for the first time in five September starts, Josh Reddick had an RBI triple and Oakland beat the Texas Rangers 4-0 Sunday to clinch the American League's second wild card.

The A's lost 30 of their previous 45 games before winning game No. 162. They play the win-or-go-home wild-card game Tuesday night at Kansas City, which won five of the seven games in the season series against Oakland (88-74).

The A's won the AL West title the past two seasons. THE ASSOCIATED PRESS

Playoffs at a glance

- **Division champions:**
  American League:
  East — Baltimore Orioles
  Central — Detroit Tigers
  West — Los Angeles Angels
  National League:
  East — Washington Nationals
  Central — St. Louis Cardinals
  West — Los Angeles Dodgers
- **Wild cards:**
  AL — Kansas City Royals, Oakland Athletics
  NL — Pittsburgh Pirates, San Francisco Giants

Jays hang up hats on disappointing 2014

'We didn't achieve our goals.' Toronto reflects on the season that was and looks forward to 2015

Jose Bautista and the Blue Jays salute their fans during their 1-0 loss to the Orioles on Sunday in Toronto. LUCAS OLENIUK/TORSTAR NEWS SERVICE

Frustrating. Entertaining. Disappointing.

The Toronto Blue Jays wrapped up yet another roller-coaster season Sunday rife with emotion.

"We were an entertaining team," manager John Gibbons said before the season-ending 1-0 loss to Baltimore. "A frustrating team but very entertaining. I think we gave our fans some pretty good entertainment along the way. But in saying that, too, we're all disappointed."

Toronto finished the season at a 83-79 record, falling into third in the American League East on the last day as the Yankees (84-78) moved ahead with a win. The Jays finished 13 games behind the Orioles.

The Jays were 38-24, six games atop the division, on June 6 — fuelled in large part by a 21-9 May (a .700 record for the month).

If May was the peak, August was the valley. The team slumped to a 9-17 record (.346) with Adam Lind, Edwin Encarnacion and Brett Lawrie missing chunks of action with injuries.

Pitcher R.A. Dickey talked of the need for consistency.

"We need to figure out how we can consistently be better," he said. "How can we have the May that we did in multiple months and how do we eliminate the August that we had?"

General manager Alex Anthopoulos also said the team fell short.

"We didn't achieve our goals. That goes without saying," he said.

"It's more disheartening this season, I felt like we were close. Obviously we were there the bulk of the year," he added.

Anthopoulos repeated his confidence in Gibbons, who has a rolling contract that kicks in every Jan. 1.

The team will have to dig deep into its pocket to re-sign left-fielder Melky Cabrera and needs to solve question marks in centre-field, second base and the bullpen. The bench and defence also need upgrades.

THE CANADIAN PRESS

Quoted

"If something like our five-year policy was a problem, I'm pretty sure I would have been told that already, and it doesn't look to be the case."

Blue Jays GM Alex Anthopoulos on refusing to sign players to contracts longer than five years.

Nationals. Diving catch saves no-hitter

Nationals pitcher Jordan Zimmermann celebrates his no-hitter with Steven Souza Jr. on Sunday in Washington. MITCHELL LAYTON/GETTY IMAGES

Jordan Zimmermann pitched the first no-hitter for the Washington Nationals, the gem preserved when defensive replacement Steven Souza Jr. made a diving catch in left field for the final out in a 1-0 victory over the Miami Marlins in a regular-season finale Sunday.

Zimmermann (14-5) allowed only two baserunners, finishing with 10 strikeouts and one walk in the fifth no-hitter in the majors this year.

Christian Yelich almost wrecked Zimmermann's bid with two outs in the ninth inning. He sent a long drive to left-centre, and Zimmermann leaned his head back and winced, thinking his no-hitter was lost.

But Souza, who made his big-league debut this year and took over for Ryan Zimmerman to begin the ninth, ran hard into the gap, extended his glove and leaped for the sensational catch. Souza used his bare hand to squeeze the ball in his mitt as he fell.

Souza hopped up and punched the air. Zimmermann, watching from the mound, raised both arms overhead and pumped his right fist.

"I thought that was a double for sure, and here he comes out of nowhere and makes the play," Zimmermann said.

It was the fifth time there has been a no-hitter on the final day of the season.

THE ASSOCIATED PRESS

Paying re2pect to an icon

The Yankees' Derek Jeter played the final game of his career against the Red Sox on Sunday in Boston. Scan the image with the Metro News app to see how baseball bid farewell to the longtime Yankees captain. ELISE AMENDOLA/THE ASSOCIATED PRESS

metro AR

Rodgers irresistible against Bears

Sweet 'home' Chicago. Green Bay quarterback leads Packers to fifth straight victory at Soldier Field

Week 4

Packers	Bears
38	17

- Go to metronews.ca for more NFL coverage.

Green Bay's Datone Jones celebrates after a sack Sunday in Chicago. At right is Bears tackle Jermon Bushrod. CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

The Chicago Bears were coming off prime-time victories on each coast. Then, Aaron Rodgers and the Green Bay Packers came to town, and the result was all too familiar for the Bears.

Aaron Rodgers threw for 302 yards and four touchdowns, and Green Bay shook off one of its worst offensive performances in years with a 38-17 victory over Chicago on Sunday.

"Certainly it was evident today that Aaron Rodgers was at his best, the Green Bay passing game was at its best, we weren't able to get enough of a rush to hurry him enough, and when we did he got outside and made the plays," Bears coach Marc Trestman said.

The Packers (2-2) scored on their first six possessions to build a 38-17 lead. They racked up 358 yards after being held to 223, their lowest total since 2008, a week earlier in a 19-7 loss at Detroit.

They intercepted Jay Cutler twice in the third quarter to pull away from the Bears (2-2). That gave Green Bay five straight wins at Soldier Field, including the NFC title game four years ago and a playoffs-or-bust finale for both teams last season.

For Chicago, the loss was a letdown after back-to-back wins in prime time at San Francisco and the New York Jets. The Bears finally got their run game going, but their defence got carved up.

Rodgers posted a 151.2 rating for the game, completing 22 of 28 passes, and had all the time he needed with five-time Pro Bowl defensive end Jared Allen sitting out because of an illness.

He threw two touchdown passes each to Randall Cobb and Jordy Nelson, and a fifth got called back by a penalty. That happened early in the third when a scrambling Rodgers got hit by at least one defender while unleashing an awkward, wobbly 34-yard pass that somehow connected with Davante Adams in the end zone.

Cobb had seven catches for 113 yards. Nelson had 10 receptions for 108 yards, and the Packers came away with the win despite allowing 496 yards.

The offences were so effective — or the defences struggled so badly — that neither team punted. That happened only once before in a regular-season NFL game, 22 years ago. THE ASSOCIATED PRESS

McIlroy leads Europe to another Ryder Cup title

Jamie Donaldson, right, holds the trophy and celebrates with Rory McIlroy and Martin Kaymer at Gleneagles, Scotland, Sunday. MATT DUNHAM/THE ASSOCIATED PRESS

The tone was set by Rory McIlroy, the best player in the world. The winning shot came from Jamie Donaldson, a Ryder Cup rookie.

Europe added another layer to its Ryder Cup dominance on Sunday by leaving no doubt who had the best team, if not the best players. Behind two early comebacks that showed its resolve, Europe clinched the cup with four matches still on the course.

With a 16-1/2 to 11-1/2 victory, Europe kept that gold trophy for the eighth time in the last 10 tries.

McIlroy played some of his best golf this year — even for a guy who won the last two majors — by trouncing Rickie Fowler to put the first point on the board. Donaldson finished off the Americans with a 9-iron that settled 18 inches from the cup on the 15th hole at Gleneagles and set off the celebration.

"It came down to me to close it out," Donaldson said. "But it's all about the team."

That concept appeared lost on the Americans.

Not long after the closing ceremony, Phil Mickelson said the Americans have strayed from the winning formula at Valhalla in 2008 under Paul Azinger — their only victory in these matches dating to 1999. Even with U.S. captain Tom Watson sitting six seats away, Mickelson said that American team was invested in each other, which was different from Watson's style of doing it his way.

It was an awkward way to end another bad week for the Americans in the Ryder Cup.

"The bottom line is they kicked our butts," Watson said. THE ASSOCIATED PRESS

Donaldson who?

A 38-year-old from Wales playing in his first Ryder Cup, Donaldson seized control over Keegan Bradley at the turn. He was so locked in on his task that he was unaware that he had retained the cup for Europe when he was 4 up with four holes to play. From 146 yards in fairway, he fired a 9-iron at the flag and let the club twirl through his hands.

EPL

Baggies trash helpless Burnley

Saido Berahino's brace powered West Bromwich Albion past Burnley 4-0 Sunday in the Premier League to seal its third win in a week.

Craig Dawson opened the scoring to condemn the Clarets to their third league defeat. THE ASSOCIATED PRESS

Serie A

Inter humiliated at home

Inter Milan suffered a humiliating first defeat of the season as it was routed 4-1 by last-placed Cagliari in Serie A on Sunday, while Napoli won to ease the pressure on coach Rafa Benitez. THE ASSOCIATED PRESS

Samir Handanovic of Inter saves a penalty Sunday at Stadio Giuseppe Meazza in Milan, Italy. MAURIZIO LAGANA/THE ASSOCIATED PRESS

Women's volleyball

Bulgaria sends Canadians home

Canada was eliminated from the world women's volleyball championship Sunday after a three-set loss to Bulgaria (25-17, 25-16 and 25-18).

Canada's Lucy Charuk of Tsawwassen, B.C., had 10 points. THE CANADIAN PRESS

Women's basketball

Hosts Turkey beat Canada

Lara Sanders had a game-high 18 points as hosts Turkey defeated Canada 55-44 Sunday at the world women's basketball championship.

Turkey is to 2-0 at the tournament while Canada fell to 1-1. THE CANADIAN PRESS

AUGMENTED REALITY

metro AR

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Tough decisions will need to be made this week. Don't let others know what you're planning. It'll be easier to make changes if you don't have to explain yourself.

♉ Taurus
April 21 - May 21
If a friend or co-worker tries to turn each chat you have into a conversation about them, you must let them know it's getting a little bit boring.

♊ Gemini
May 22 - June 21
A completely unexpected event will throw you off your stride today but that's OK. You will still be heading in roughly the right direction and if you get there a bit later, it's no big deal.

♋ Cancer
June 22 - July 23
You seem impatient to get rid of something that has been central in your life for years. It may appear to have outlived its usefulness but the planets indicate there is something important it can still do for you.

♌ Leo
July 24 - Aug. 23
Let fate take its course over the next two or three days and don't try to force an issue that will most likely resolve itself.

♍ Virgo
Aug. 24 - Sept. 23
Make the effort to visit people and places you have not seen in a while. The more you are on the move today the more likely it is you will make contacts who could be useful.

♎ Libra
Sept. 24 - Oct. 23
There has been a great deal of tension in your life of late but with Venus, your ruler, moving into your sign today, expect things to be more relaxed.

♏ Scorpio
Oct. 24 - Nov. 22
What would you change in your life if you knew you had the power to make it happen? Whatever it is, start thinking and feeling as if it will do whatever you tell it to do.

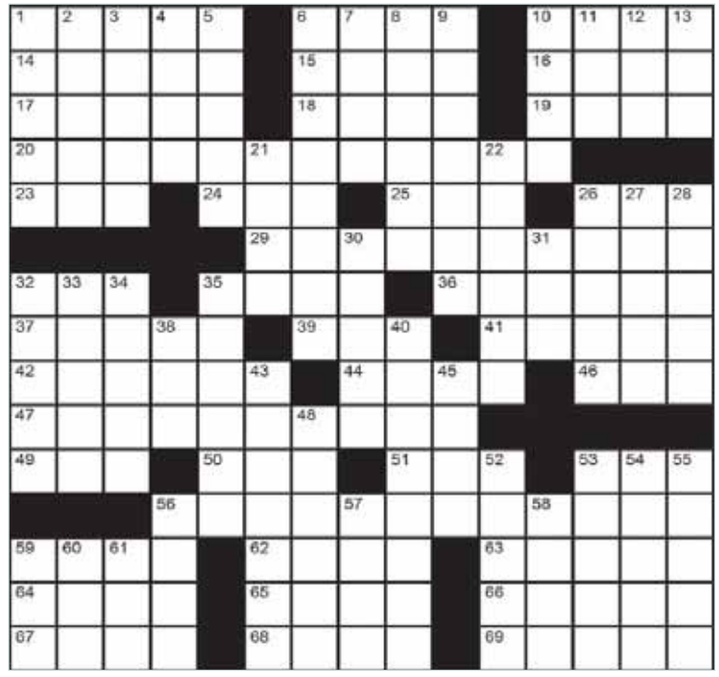
♐ Sagittarius
Nov. 23 - Dec. 21
Are you motivated by hope or by fear? As a larger-than-life Sag it's more likely to be the former but there are still times when worry gets on top of you. Count and celeberate your blessings.

♑ Capricorn
Dec. 22 - Jan. 20
Exciting things are happening in your life and most likely you will be making serious gains between now and the end of the week. Career opportunities will come knocking. Open up!

♒ Aquarius
Jan. 21 - Feb. 19
Things might be calm on the surface but your instincts tell you that behind the scenes major changes are taking place. It is all part of the bigger plan to make your life more fulfilling.

♓ Pisces
Feb. 20 - March 20
Cosmic activity in the wealth area of your chart warns you to keep an eye on your finances. Help people only if you can.

Crossword: Canada Across and Down by Kelly Ann Buchanan



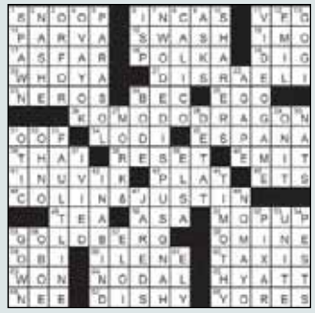
Across

1. Showbiz sketches
6. By-the-phone items
10. Campus house, e.g.
14. It's stored in the Aron Kodesh
15. Actor Michael
16. Hurt human's holler!
17. Aroma
18. NYC artsy attraction
19. To, archaically
20. Wyatt Earp advertisement: 2 wds.
23. Sun's spot
24. Supermodel, Alek __
25. HTTP's home
26. Alphabetic trio
29. Hit for Canadian songstress Amanda Marshall
32. Dept. head
35. French film
36. Like sponges
37. "There __ __ words." (I'm speechless)
39. Stevie Wonder's "__ Duke"
41. Explorer's course
42. The Barber of Seville role
44. Ms. DioGuardi
46. Allow
47. Veiled hauntress of #56-Across: 2 wds.
49. Antiquity
50. Tony-winner Ms. Allen
51. Q. "__ '_' the Alphabet's second letter?" A. "Indeed."
53. Mideast fed.
56. Rockies retreat where #47-Across is said to roam, The Fairmont ___ ___ Hotel
59. Washstand container
62. "Buenos __!"
63. Whitney Houston's "__ __ Once"
64. Ms. Sorvino
65. "It just bothers me __ __ many levels."
66. "How Do _ __" by LeAnn Rimes
67. Impediment
68. Aquarium fish, __ Tetra
69. Dissuade

Down

1. Packs away
2. Imaging company
3. Tale's twist
4. Stretched tight
5. The Taming of the __
6. Autumn sights
7. 'Buck' add-on
8. Appetizing sampling of Chinese cuisine: 2 wds.
9. Cruise on the Caribbean: 2 wds.
10. "__ Weddings Canada"
11. Nylons problem
12. Perform
13. Even if, briefly
21. Ms. Mazar
22. Alberta village, 'The Friendly Community'
26. Grave snatcher
27. Fashion: __ couture
28. Lotto winner's musing, "__ __ for life!"
30. Flow-of-energy therapy
31. Miracle-__ (Gardening product)
32. Cartoon mommy
33. Foo Fighters singer Dave
34. Lay grassy rolls again
35. Iran-__ Affair (1980s political scandal)
38. '_' __ for Nanaimo
40. Hotel chain; or, French explorer to Canada, Pierre-Esprit __ (b.1636 - d.1710)
43. Desert
45. Aretha Franklin's signature song part: "_-_-_-_-E-C-T / Find out what it means to me."
48. Polish
52. Twisty-turned tress
53. Without illumination
54. Succulent plant
55. Compound in perfume
56. Boast
57. Burkina __ (Nation in West Africa)
58. Latin pronoun
59. 911-respondents, e.g.
60. Succeed
61. '72 feminist cause

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8		2		7		1	4	
	7	6						
			8					2
7		8	2					
4			1		3			7
					8	5		9
5					1			
						6	5	
	3	1		5		2		4

Friday's Sudoku

5	4	8	7	1	2	6	9	3
1	3	2	9	8	6	4	7	5
7	9	6	5	4	3	2	1	8
3	6	5	1	2	4	9	8	7
2	8	9	3	7	5	1	4	6
4	7	1	8	6	9	3	5	2
9	1	3	6	5	7	8	2	4
8	2	7	4	3	1	5	6	9
6	5	4	2	9	8	7	3	1

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